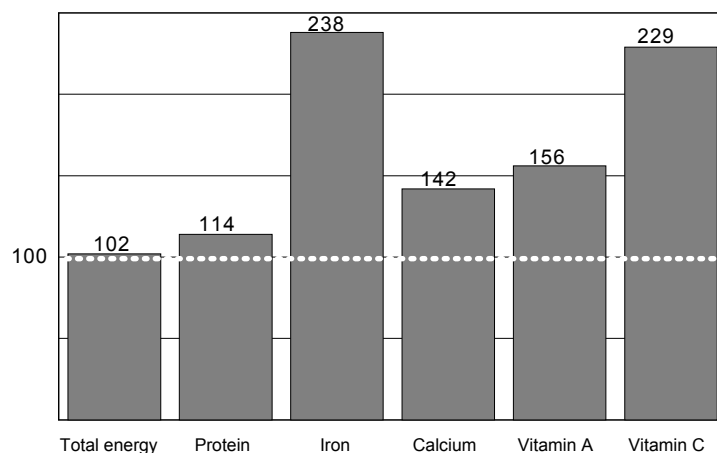


## Federal Studies: Review of the Nutritional Status of WIC Participants

This review of the nutrient intake of participants in the Special Supplemental Nutrition Program for Women, Infants, and Children—the WIC Program—compares the nutritional content of reported food intake to current nutritional standards and assesses the potential contribution of WIC supplemental nutrition packages to the quality of participants' diets. Results of the review indicate that whereas infants and children appear to achieve good nutrient intake—with the exception of low zinc intake in children—women's diets need improvement. Pregnant women report lower than recommended energy intake, and they need to improve their intake of calcium, iron, folic acid, zinc, vitamin B<sub>6</sub>, and magnesium. Breast-feeding women participating in WIC need to improve intake of vitamin C and iron, as well as vitamin B<sub>6</sub>, magnesium, and zinc. Non-breast-feeding postpartum women report low energy intake as well as low intake of nutrients targeted by WIC. Recommendations for the WIC Program include package modifications (in some cases) and nutrition education.

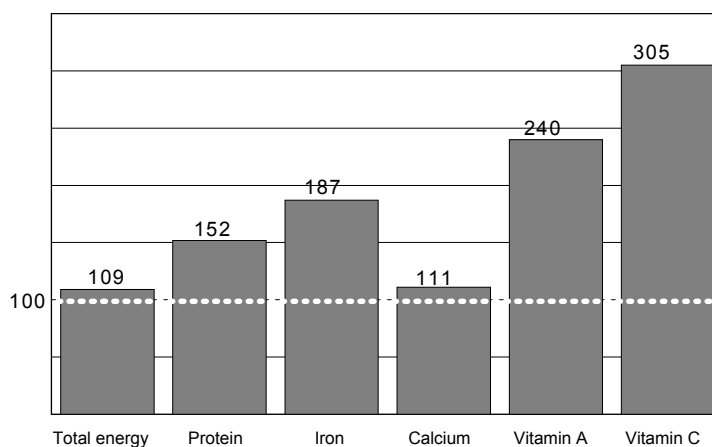
The diets of infants 2 to 3 months old who participate in the WIC Program meet recommended nutrient intakes for energy and for nutrients targeted by WIC.

Total nutrient intake as percentage of RDA



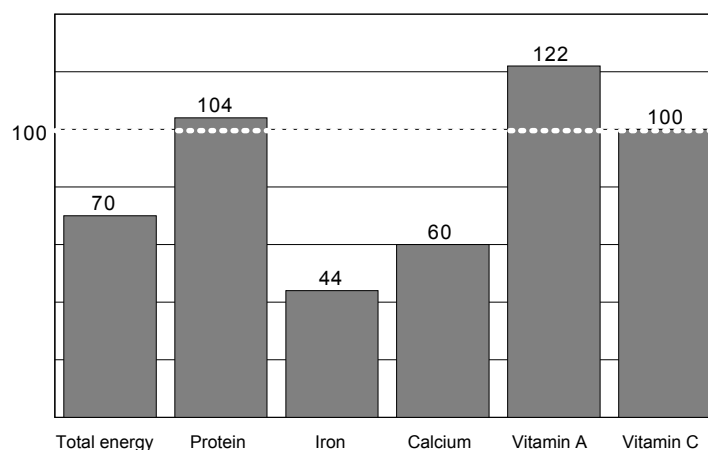
The diets of infants 4 to 11 months old who participate in the WIC Program meet recommended nutrient intakes for energy and for nutrients targeted by WIC.

Total nutrient intake as percentage of RDA



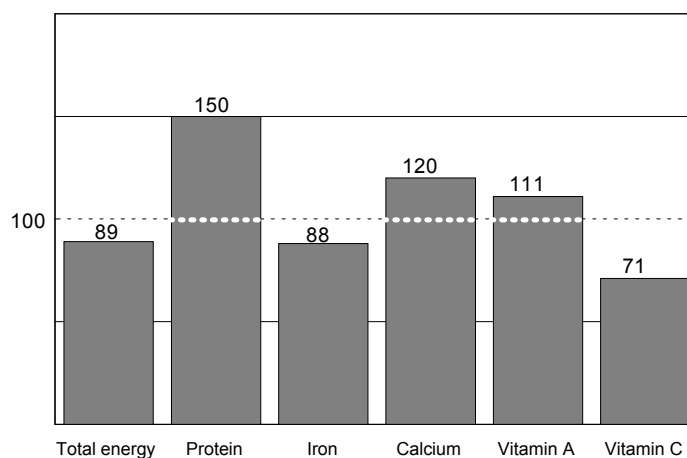
The diets of pregnant women who participate in the WIC Program are nutrient-deficient.

Total nutrient intake as percentage of RDA



The diets of breast-feeding, postpartum women who participate in the WIC Program are also nutrient-deficient.

Total nutrient intake as percentage of RDA



Source: Review of the Nutritional Status of WIC Participants. 1999. By Carol Kramer-LeBlanc, Anne Mardis, Shirley Gerrior, and Nancy Gaston. Center for Nutrition Policy and Promotion, U.S. Department of Agriculture. CNPP-8A.